



Barriers to climate-friendly food choices among young adults in Finland

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Year: 2014
Journal: Appetite. 74: 19-Dec

Abstract:

The aim of the study was to examine how young adults in Finland perceive barriers to climate-friendly food choices and how these barriers are associated with their choices. The participants were 350 university students of the social and behavioral sciences who completed a questionnaire during class. The study found that the barriers the participants perceived as being the most relevant were different from those that were associated with the omission of climate-friendly food choices. High prices were perceived as the most relevant barrier, but were only weakly associated with the participants' food choices. Instead, habit and disbelief in the effects of food consumption on the climate were found to be the barriers that had the greatest association with climate-friendly choices. Moreover, women considered high prices and poor supply more important compared to men, whereas men considered disbelief and habit more important. In addition, vegetarians perceived fewer barriers than those who followed other diets. The findings increase our understanding of young adults' perceptions of barriers to climate-friendly food choices, as well as their effects.

Source: <http://dx.doi.org/10.1016/j.appet.2013.11.016>

Resource Description

Communication: ☒

resource focus on research or methods on how to communicate or frame issues on climate change; surveys of attitudes, knowledge, beliefs about climate change

A focus of content

Communication Audience: ☒

audience to whom the resource is directed

Public

Exposure : ☒

weather or climate related pathway by which climate change affects health

Food/Water Security

Food/Water Security: Nutritional Quality

Geographic Feature: ☒

Climate Change and Human Health Literature Portal

resource focuses on specific type of geography

Urban

Geographic Location:

resource focuses on specific location

Non-United States

Non-United States: Europe

European Region/Country: European Country

Other European Country : Finland

Health Impact:

specification of health effect or disease related to climate change exposure

Health Outcome Unspecified

Mitigation/Adaptation:

mitigation or adaptation strategy is a focus of resource

Adaptation

Resource Type:

format or standard characteristic of resource

Research Article

Resilience:

capacity of an individual, community, or institution to dynamically and effectively respond or adapt to shifting climate impact circumstances while continuing to function

A focus of content

Timescale:

time period studied

Time Scale Unspecified

Vulnerability/Impact Assessment:

resource focus on process of identifying, quantifying, and prioritizing vulnerabilities in a system

A focus of content